

List of ingredients and allergens

DISH			
Date		Prepared by	

1. Note all ingredients which are used. Be very precise with this!
2. Read the label or consult a database for the allergen information of each ingredient. Indicate with a '✓' if an ingredient contains an allergen.
Use a '?' for cross contamination if you would like to inform your guests about this (this is not obligated by law, but useful to know for answering questions).
3. Make a summary of all allergens present in the dish. Indicate in each column if a '✓' or a '?' is present.

INGREDIENTS	BRAND	 Fish	 Gluten	 Soja	 Egg	 Milk	 Crustaceans	 Nuts	 Molluscs	 Peanuts	 Sesame	 Lupine	 Celery	 Mustard	 Sulphur dioxide
TOTAL															